

WEEK 1

Date 日期	学生餐 1 Student Meal 1	学生餐 2 Student Meal 2
Monday 星期一	手工牛肉丸 Beef ball 蒜蓉油菜 Cole with garlic 肉丁土豆条 Potato with pork 蛋挞 Egg Tart 米饭 Rice 酸奶 Yogurt 水果 Fruit	烤翅根 Braised chicken wing 手工牛肉丸 Beef ball 肉丁土豆条 Potato with pork 蒜蓉油菜 Cole with garlic 米饭 Rice 酸奶 Yogurt 水果 Fruit
Tuesday 星期二	咖哩土豆鸡肉 Curry Chicken 干煸大头菜 Fried cabbage 清炒山药木耳 Chinese yam with mushroom 炸薯条 Fried French Fries 米饭 Rice 酸奶 Yogurt 水果 Fruit	韩式拌饭 Bibimbap 海苔 Lavor ISQ 自制甜点 ISQ Dessert 酸奶 Yogurt 水果 Fruit
Wednesday 星期三	ISQ 牛肉拉面 ISQ Noodles with beef 油酥火烧 Huoshao 酸奶 Yogurt 水果 Fruit	烤奥尔良鸡腿 Braised Orleans chicken leg 蒸饺 Steamed dumplings 芝麻菠菜 Stir-Fried cabbage with sesame 三色冬瓜丁 Carrot, white gourd with ham 米饭 Rice 酸奶 Yogurt 水果 Fruit
Thursday 星期四	ISQ 秘制黑椒牛排 ISQ Black pepper Beef 蚝油茭瓜 Squash with oyster oil 芹菜腐竹 Celery with bean curb 蛋炒饭 Fried Rice 酸奶 Yogurt 水果 Fruit	鹌鹑蛋红烧肉 Braised Pork with quail egg 蚝油茭瓜 Squash with oyster oil 芹菜腐竹 Celery with bean curb 蛋炒饭 Fried Rice 酸奶 Yogurt 水果 Fruit
Friday	奶酪比萨 Cheese Pizza 糖醋鸡块 Sweet Sour Chicken	京酱肉丝 Sauteed Shredded Pork in Sweet Bean Sauce 糖醋鸡

星期五	蒜蓉西兰花 Broccoli with garlic 米饭 Rice 酸奶 Yogurt 水果 Fruit	块 Sweet Sour Chicken 蒜蓉西兰花 Broccoli with garlic 肉丝蒜苔 Garlic shoot with pork 米饭 Rice 酸奶 Yogurt 水果 Fruit
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WEEK 2

Date 日期	学生餐 1 Student Meal 1	学生餐 2 Student Meal 2
Monday 星期一	肉酱意面 Spaghetti 鸡米花 Popcorn chicken 蒜蓉西兰花 Broccoli with garlic 米饭 Rice 酸奶 Yogurt 水果 Fruit	鸡米花 Popcorn chicken 秘制狮子头 Meat ball 蒜蓉西兰花 Broccoli with garlic 木须蛋 Mushroom with egg 米饭 Rice 酸奶 Yogurt 水果 Fruit
Tuesday 星期二	香酥鸡块 Fried chicken 红烧肉 Braised Pork 清炒奶白菜 Stir-fried Pakchoi 米饭 Rice 酸奶 Yogurt 水果 Fruit	ISQ 手工馄饨 ISQ Huntun ISQ 自制甜点 ISQ Dessert 油酥火烧 Huoshao 酸奶 Yogurt 水果 Fruit
Wednesday 星期三	比萨 Pizza 西芹炒肉 Celery with shredded meat 炸薯条 Fried French Fries 酸奶 Yogurt 水果 Fruit	私房炒鸡块 Stir-fried chicken 西芹炒肉 Celery with shredded meat 鸡米花 Popcorn chicken 米饭 Rice 酸奶 Yogurt 水果 Fruit
Thursday 星期四	香煎龙利鱼 Roasted fish 烤鸡腿 Braised chicken leg 清炒山药木耳 Chinese yam with mushroom	烤鸡腿 Braised chicken leg 蒜蓉苔菜 Green veggie with garlic

	蒜蓉苔菜 Green veggie with garlic 米饭 Rice 酸奶 Yogurt 水果 Fruit	清炒山药木耳 Chinese yam with mushroom 蛋挞 Egg tart 米饭 Rice 酸奶 Yogurt 水果 Fruit
Friday 星期五	牛肉炒饭 Fried rice with beef 荷塘排骨 Braised pork ribs with lotus root 肉末南瓜 Stewed pumpkin with minced pork 炒豆芽 Fried Bean Sprouts 酸奶 Yogurt 水果 Fruit	蒸饺 Steamed dumplings 秘制荷塘排骨 Braised pork ribs with lotus root 肉末南瓜 Stewed pumpkin with minced pork 炒豆芽 Fried Bean Sprouts 米饭 Rice 酸奶 Yogurt 水果 Fruit

Week 3

Date 日期	学生餐 1 Student Meal 1	学生餐 2 Student Meal 2
Monday 星期一	肉酱意面 Spaghetti 香煎龙利鱼 Roasted fish 油泼有机菜花 Stir-Fried cauliflower 酸奶 Yogurt 水果 Fruit	香煎龙利鱼 Roasted fish 京酱肉丝 Sauteed Shredded Pork in Sweet Bean Sauce 油泼有机菜花 Stir-Fried cauliflower 白菜蘑菇豆腐 Chinese cabbage with bean curd & mushroom 米饭 Rice 酸奶 Yogurt 水果 Fruit
Tuesday 星期二	ISQ 特色酱肉卤蛋拉面 ISQ Noodles with Pork & Marinated egg 油酥火烧 Huoshao 酸奶 Yogurt 水果 Fruit	烤翅根 Fried chicken wing 土豆肉片 Potato with pork 蒜蓉西兰花 Broccoli with garlic ISQ 自制甜点 ISQ Dessert 米饭 Rice 酸奶 Yogurt 水果 Fruit

<p>Wednesday 星期三</p>	<p>腊肉肠比萨 Bacon Pizza 西红柿炒蛋 Tomato with eggs 鸡米花 Popcorn chicken 酸奶 Yogurt 水果 Fruit</p>	<p>土豆炖牛肉 Potato with beef 西 红柿炒蛋 Tomato with eggs 蒸饺 Steamed dumplings 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>
<p>Thursday 星期四</p>	<p>黑椒鸡肉 Black pepper chicken 红烧排骨 Rib in soy sauce 奶白菜粉丝炒鸡蛋 Stir-Fried cabbage with bean vermicelli 炸薯条 Fried French Fries 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>	<p>红烧排骨 Rib in soy sauce 青椒炒肉 Stir-Fried Green pepper with pork 奶白菜粉丝炒鸡蛋 Stir-Fried cabbage with bean vermicelli 蒸 饺 Steamed dumplings 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>
<p>Friday 星期五</p>	<p>咖喱土豆鸡肉 Curry Chicken 蒜蓉油菜 Cole with garlic 牛肉炒饭 Fried rice with beef 蛋挞 Egg tart 酸奶 Yogurt 水果 Fruit</p>	<p>糖醋里脊 Sweet and sour pork 蒜蓉油菜 Cole with garlic 牛肉炒饭 Fried rice with beef 蛋挞 Egg tart 酸奶 Yogurt 水果 Fruit</p>

WEEK 4

<p>Date 日期</p>	<p>学生餐 1 Student Meal 1</p>	<p>学生餐 2 Student Meal 2</p>
<p>Monday 星期一</p>	<p>肉酱意面 Spaghetti 香炸猪排 Fried pork Cutlets 芝麻菠菜 Spinach with sesame 酸奶 Yogurt 水果 Fruit</p>	<p>香炸猪排 Fried pork Cutlets 香菇 土豆烧鸡块 Chicken with potato 芝麻菠菜 Spinach with sesame 炒绿豆芽 Stir fried mung bean sprouts 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>

<p>Tuesday 星期二</p>	<p>香煎龙利鱼 Roasted fish 黑椒牛柳 Black pepper beef 清炒包心菜 Stir-Fried Cabbage 木须蛋 Mushroom with egg 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>	<p>黑椒牛柳 Black pepper beef 清炒包心菜 Stir-Fried Cabbage 木须蛋 Mushroom with egg 蒸饺 Steamed dumplings 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>
<p>Wednesday 星期三</p>	<p>咖喱土豆鸡肉 Curry Chicken 蒜蓉茭瓜 Squash with garlic ISQ 自制甜点 ISQ Dessert 清炒山药木耳 Chinese yam with mushroom 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>	<p>孜然肉丁 Meat with cumin 咖喱鸡肉 Curry Chicken 蒜蓉茭瓜 Squash with garlic 清炒山药木耳 Chinese yam with mushroom 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>
<p>Thursday 星期四</p>	<p>香波咕啫肉 Fried pork with sweet and sour sauce 醋溜大白菜 Stewed Chinese cabbage with vinegar 炸薯条 Fried French Fries 蒜蓉小油菜 Cole with garlic chicken 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>	<p>ISQ 私房烤鸡腿 ISQ Braised chicken leg 香波咕啫肉 Fried pork with sweet and sour sauce 醋溜大白菜 Stewed Chinese cabbage with vinegar 蒜蓉小油菜 Cole with garlic 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>
<p>Friday 星期五</p>	<p>比萨 Pizza 爆炒双花 Stir-Fried Broccoli& Cauliflower 鸡米花 Popcorn chicken 酸奶 Yogurt 水果 Fruit</p>	<p>炸鸡米花 Popcorn chicken 秘制酱腱子肉 Sauce Sinew meat 爆炒双花 Stir-Fried Broccoli& Cauliflower 炒土豆丝 Stir-fried shredded Potato 米饭 Rice 酸奶 Yogurt 水果 Fruit</p>

Note: Please note that there is peanut oil, egg, seafood, nuts in the dishes that ISQ Cafeteria uses to cook the lunch.

请注意：ISQ 餐厅在烹饪午餐的时候会使用到花生油，鸡蛋，坚果和海鲜。